

Full Report (All Nutrients) 15016, Fish, cod, Atlantic, cooked, dry heat

Report Date: June 25, 2017 18:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 180g
Proximates						
Water	g	75.92	--	--	64.53	136.66
Energy	kcal	105	--	--	89	189
Energy	kJ	440	--	--	374	792
Protein	g	22.83	--	--	19.41	41.09
Total lipid (fat)	g	0.86	--	--	0.73	1.55
Ash	g	1.49	--	--	1.27	2.68
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	14	2	--	12	25
Iron, Fe	mg	0.49	--	--	0.42	0.88
Magnesium, Mg	mg	42	2	--	36	76
Phosphorus, P	mg	138	2	--	117	248
Potassium, K	mg	244	2	--	207	439
Sodium, Na	mg	78	2	--	66	140
Zinc, Zn	mg	0.58	--	--	0.49	1.04
Copper, Cu	mg	0.036	--	--	0.031	0.065
Manganese, Mn	mg	0.020	--	--	0.017	0.036
Selenium, Se	µg	37.6	29	1.558	32.0	67.7
Vitamins						
Vitamin C, total ascorbic acid	mg	1.0	--	--	0.8	1.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 180g
Thiamin	mg	0.088	--	--	0.075	0.158
Riboflavin	mg	0.079	--	--	0.067	0.142
Niacin	mg	2.513	--	--	2.136	4.523
Pantothenic acid	mg	0.180	--	--	0.153	0.324
Vitamin B-6	mg	0.283	--	--	0.241	0.509
Folate, total	µg	8	--	--	7	14
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	--	--	7	14
Folate, DFE	µg	8	--	--	7	14
Choline, total ¹	mg	83.7	--	--	71.1	150.7
Betaine ¹	mg	9.7	1	--	8.2	17.5
Vitamin B-12	µg	1.05	--	--	0.89	1.89
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	14	--	--	12	25
Retinol	µg	14	--	--	12	25
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	47	--	--	40	85
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.81	--	--	0.69	1.46
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	1.0	2.2
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	1.0	2.2
Vitamin D	IU	46	--	--	39	83
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.2
Lipids						
Fatty acids, total saturated	g	0.168	--	--	0.143	0.302
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 180g
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.012	--	--	0.010	0.022
16:0	g	0.117	--	--	0.099	0.211
18:0	g	0.038	--	--	0.032	0.068
Fatty acids, total monounsaturated	g	0.124	--	--	0.105	0.223
16:1 undifferentiated	g	0.021	--	--	0.018	0.038
18:1 undifferentiated	g	0.078	--	--	0.066	0.140
20:1	g	0.019	--	--	0.016	0.034
22:1 undifferentiated	g	0.004	--	--	0.003	0.007
Fatty acids, total polyunsaturated	g	0.292	--	--	0.248	0.526
18:2 undifferentiated	g	0.006	--	--	0.005	0.011
18:3 undifferentiated	g	0.001	--	--	0.001	0.002
18:4	g	0.001	--	--	0.001	0.002
20:4 undifferentiated	g	0.028	--	--	0.024	0.050
20:5 n-3 (EPA)	g	0.004	--	--	0.003	0.007
22:5 n-3 (DPA)	g	0.013	--	--	0.011	0.023
22:6 n-3 (DHA)	g	0.154	--	--	0.131	0.277
Cholesterol	mg	55	--	--	47	99
Amino Acids						
Tryptophan	g	0.256	--	--	0.218	0.461
Threonine	g	1.001	--	--	0.851	1.802
Isoleucine	g	1.052	--	--	0.894	1.894
Leucine	g	1.856	--	--	1.578	3.341
Lysine	g	2.097	--	--	1.782	3.775
Methionine	g	0.676	--	--	0.575	1.217
Cystine	g	0.245	--	--	0.208	0.441
Phenylalanine	g	0.891	--	--	0.757	1.604
Tyrosine	g	0.771	--	--	0.655	1.388
Valine	g	1.176	--	--	1.000	2.117
Arginine	g	1.366	--	--	1.161	2.459
Histidine	g	0.672	--	--	0.571	1.210
Alanine	g	1.381	--	--	1.174	2.486
Aspartic acid	g	2.338	--	--	1.987	4.208

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 180g
Glutamic acid	g	3.408	--	--	2.897	6.134
Glycine	g	1.096	--	--	0.932	1.973
Proline	g	0.807	--	--	0.686	1.453
Serine	g	0.932	--	--	0.792	1.678
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD